

- You will need:
  - o 2 medium organic apples
  - o 1 organic beet root
  - o 4 medium organic carrots
  - o 3 large stalks of organic celery
  - o 1/2 an organic cucumber
  - o 1/2 a thumb of organic ginger root

Of course, buy organic when you can, and extra credit if you can get most or all of these ingredients from a local farmers market. As always, process these ingredients in your juicer, stir, and serve. The sooner you consume your juice, the more of the nutrients and vitamins you'll get.

The beet juice in this recipe helps heal liver toxicity and bile ailments, like jaundice, hepatitis, food poisoning and others. Beets have also been shown to help cleanse the blood, which is beneficial to the liver too.

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